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## Girls found, but not time for force: Official

Captors could do more harm: Nigerian military **PAGE 11**

## MAYBE THERE'S ONLY ONE WAY TO DIE IN THE WEST

FROM THE WEATHER, ACCORDING TO CHARLIZE THERON. USE METRO AR FOR EXTRAS FROM SETH MACFARLANE'S WILD WEST SPOOF **PAGE 22**



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## RETURN OF THE KINGS

Edmonton Oil Kings defenceman Cody Corbett poses for a photo with a fan and the WHL's Chenoweth Cup, won en route to their Memorial Cup victory over the Guelph Storm on the weekend. Fans greeted the team as they arrived at the Edmonton International Airport Monday. Story, page 6.

STEPHANIE DUBOIS/METRO

# Minister alarmed by ATA's lenience on guilty teachers

**Stepping in.** Committee says rulings on violence, sex-related offences fair

LEAH GERMAIN &  
JEREMY NOLAIS  
edmonton@metronews.ca

Alberta's education minister says he's overruled "alarming" recommendations from a provincial teachers' union hearing committee four times in two years after the panel suggested varying suspensions of teachers guilty of incidences of fraud, as well as sexual relations and violence involving students.

But the Alberta Teachers' Association fired back, saying it's the first time an education minister has overturned recommended punishment in a teacher's disciplinary hearing in the organization's 82-year history.

Through a freedom of information request, Metro obtained details of cases where Alberta Education Minister Jeff Johnson went over the ATA's professional conduct committee and mandated a cancellation of a teacher's permanent professional certificate, effectively levying a lifetime classroom ban.

According to the documents, one case involved violence against students, another outlined multiple teacher-student sexual encounters involving intercourse and another case detailing explicit Internet conversations between a teacher and student.

In an interview Monday, Johnson said he recently decided to cancel the certificate of a fifth teacher guilty of fraud-related crimes, but Metro hadn't confirmed details at press time. He said he's only reviewed 14 cases that went before the hear-

ing committee in his two years since taking the reins of the provincial education ministry, deeming it "alarming" that the penalty so often fell short.

"I don't think that they're doing a good enough job.... In these cases that have come across my desk, the ones I've had to overturn, they are beyond a shadow of a doubt that these people should never be in the classroom again," he said.

The ATA's executive secretary, Gordon Thomas, questioned the minister's motives behind his recent decisions to overrule hearing committee recommendations.

"No previous minister has altered any recommendation of any hearing committee," said Thomas.

Thomas said each case is considered by a hearing committee that has to look at facts, evidence and precedent before coming to a recommendation.

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# Valley Line LRT gets federal dollars confirmed

**On track.** Light Rail Transit expansion can move ahead with RFP process

**In numbers**

## 42,000

The city estimates the Valley LRT line will carry 42,000 riders daily by 2044.

It's full speed ahead for Edmonton's newest LRT line after the federal government confirmed more funding Monday.

"The money is no longer up in the air," said Mayor Don Iveson Monday morning at a formal announcement at the South Campus LRT announcement.

Federal Minister Rona Ambrose was on hand to announce the city will receive up to \$150 million for the Valley Line Stage 1 LRT expansion through the New Building Canada — Provincial-Territorial Infrastructure component fund.

This contribution will bring the federal commitment to \$400 million, with \$250 million already committed to the P3 plan.

"We know that Canadian communities need strong, modern infrastructure," said

Ambrose.

The provincial government will contribute up to \$600 million towards the LRT line, with a \$150 million investment as well as a \$150 million interest-free loan and \$300 million under the GreenTRIP fund to the city.

"This will have a ripple effect on the people of Edmonton and of Alberta," said Alberta Minister of Transportation Wayne Drysdale.

The federal and provincial dollars will allow the project to move forward with Request for Proposals (RFP) this summer, said Iveson.

The proposed line is set to run from Mill Woods Town Centre to 102 Street, with the city estimating ridership of 31,500 passengers when it is set to open in 2020.

STEPHANIE DUBOIS/METRO



Federal Minister Rona Ambrose, left, speaks with Alberta Minister of Transportation Wayne Drysdale and Edmonton Mayor Don Iveson on Monday at the South Campus LRT station. STEPHANIE DUBOIS/METRO

## Police see spike in high-speed chases

High-speed chases tore through city streets more often last year, according to information provided to the police commission last week.

The numbers showed 58 more chases in 2013, as compared to 2012 — or a roughly 34 per cent jump.

Superintendent Kevin

Galvin said Alberta's booming economy is attracting a lot of young men and not all of them are spending their new-found wealth appropriately.

"Sometimes people spend their free money in a way that brings them in conflict with the police," he said.

While Galvin identified the population surge, he said the force also now has the specialized traffic apprehension team, which is specifically set up to target offenders while driving.

Police called off more chases than they have in previous years as well, which

Galvin said is a sign that the system is working as it should.

"Over one third of our pursuits didn't last more than a kilometre and didn't last more than a minute, so you're seeing really good decision making by our officers," he said.

Galvin said the other tool police use during chases is the helicopter, which he said is very effective.

"We find with some of the equipment, the spotlight and things like that, it just brings the chase to an end," he said.

RYAN TUMILTY/METRO

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1 NEWS

# Alberta universities unveil 'The Shooter on Campus' video

**Escape, hide, fight.**  
Video shows ways for staff and students to survive shooting



**LEAH GERMAIN**  
leah.germain@metronews.ca

Escape, hide, fight — that's the key message used in a new safety video informing Alberta post-secondary students and staff how to respond during a shooting rampage.

"The Shooter on Campus" video was released Monday as a joint effort produced by a group of Alberta universities, polytechnic institutes and colleges.

MacEwan University president David Atkinson called the video a troubling subject, with a stark message.

"The subject matter of the video we are about to release is difficult and distressing," said

## Active shooter

- An active shooter is described as a person attempting to kill or actually killing people in a confined or populated area.
- The video can be seen at [metronews.ca](http://metronews.ca)

Atkinson. "Violence in public places is a reality in the world in which we live today and we see it pretty much everyday in one way or another."

The video, which was filmed in Edmonton, portrays a mock scenario where a gunman enters a university campus and students and staff take action to protect themselves.

Philip Stack, associate vice-president of Risk Management at the University of Alberta, said the video is meant to empower people.

"There are those who might consider this video launch a bad-news story," he said. "I think it's a good-news story, because it reminds us there are things we can do to keep ourselves safe no matter where we are."

Concordia University College, MacEwan University, Mount Royal University, NorQuest College, SAIT Polytechnic, the University of Alberta and the University of Lethbridge were involved in the video production.

Edmonton police Staff Sgt. Terry Langlely said while the video may seem like common sense, it's important to provide safety measures that could save lives. "One thing people have to realize is common sense isn't so common," said Langlely. "In this particular circumstance, if you can rehearse your actions prior to the stress, you are more likely to be successful when the stress does arrive."



A screenshot from a new campus shooter survival video is shown above. The actual video was shown to media Monday. YOUTUBE SCREENSHOT

## Tory candidates pitch change to school funding model



Thomas Lukaszuk, candidate in the provincial Tory leadership contest METRO FILE

A former education minister and deputy premier seeking the Tory leadership crown says he's not confident a slate of new schools will open on time and says long-term financing may be the best route to catch up on a major facility backlog.

Thomas Lukaszuk first pitched the concept of amortizing the cost of a school and writing off the depreciation — much like one would with a home mortgage — in 2012 while serving as Alberta's top education official. At the time,

he pledged to construct 400 new schools in a decade, but now says he's not confident even the 19 schools the province has pledged to open by September 2016 will be ready.

Currently, none of the school projects have broken ground and only one consortium — Calgary's Gracorp Capital and Graham — has applied to build them using the public-private partnership approach.

Lukaszuk deemed that concerning in an interview.

"We have to review whether

there isn't a way to rewrite the financing on those schools and generate more excitement among our developers, our builders, our construction companies to take those jobs on," he said, also adding, "There's nothing wrong with having developers working closely in collaboration with school boards and putting schools in as the first piece of infrastructure that goes into a neighbourhood."

Leadership rival Jim Prentice had already pledged publicly to borrow to fund vital

public infrastructure, including schools, with the aim to repay those costs within 15-20 years. He reiterated his plan when reached Monday.

"To the extent possible, we will use savings that we've accumulated," Prentice said. "But there's not a mattress big enough to have the \$15-20 billion underneath it that's needed to do this. The point is we will have to build these facilities and we may have to access debt markets for a portion of the financing." JEREMY NOLAIS/METRO

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**Grande Prairie:** Stonebridge Hotel **by appointment only**, June 3. Email for time.

**Cold Lake:** Cold Lake Energy Centre, 7825 - 51 street (2nd floor), June 4 @ 12.30pm.

**Bonnyville:** Boys and Girls club at FCSS 4714, 48th St. (thru library parking) - June 5 @ 10.30am

**Calgary:** Boston Pizza (upstairs), 235 Shawville Blvd SE - June 8 @ 10.30am



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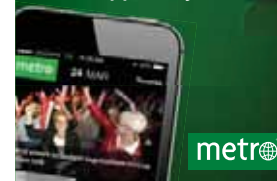
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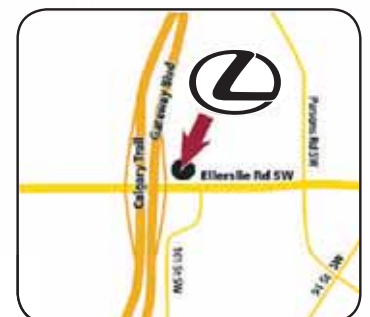
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## Calgary MLA. Ric McIver files papers, pays \$50K to join Alberta PC race

Calgary MLA Ric McIver has filed his nomination papers with Alberta's Progressive Conservative party to become the second official candidate in its leadership race.

McIver dropped off 500 signatures from party members and paid the balance of a \$50,000 non-refundable deposit.

McIver served as both infrastructure minister and transportation minister before leaving cabinet to join the race.

He joins former Calgary MP Jim Prentice as the second official candidate in the contest to replace former premier Alison Redford.

Edmonton MLA Thomas Lukaszuk is still collecting signatures and has until Friday to do so.



Ric McIver METRO FILE

The candidates are to be officially introduced at a party event in Edmonton on June 2.

Party members will vote for the new leader in September. Two votes are scheduled and a candidate will have to garner 50 per cent support to be declared the winner.

THE CANADIAN PRESS

### Exposures

#### Two new measles cases announced

Two more cases of measles have popped up in Edmonton, with both cases this time in children under the age of two. AHS announced the new cases Monday afternoon with more details scheduled to be released at a press conference Tuesday. AHS did confirm both of the new cases are connected to previous cases and that there were multiple public exposures. **METRO**

### Playing host

#### Bid gets support from Basketball Canada

Edmonton's bid to host an Olympic basketball qualifier in 2015 has the support of the rest of Canada. Basketball Alberta first announced the idea earlier this month to host the FIBA America's championship in 2015 and Canada Basketball endorsed it this past weekend. **METRO**

# Oil Kings come home to warm welcome

## Making memories.

Not since 1966 has the Edmonton team won the Memorial Cup



STEPHANIE DUBOIS

stephanie.dubois@metronews.ca

Cheers and applause greeted the Edmonton Oil Kings as they made their way into the private hangar at the Edmonton International Airport on Monday following their 2014 Memorial Cup win.

Several dozen fans of all ages, many wearing Oil Kings jerseys, lined up in the Shell Aerocentre to greet the team that took the coveted championship.

The Oil Kings won the cup after beating the Guelph Storm 6-3 Sunday, making it the third time the Edmonton hockey team has won the highly esteemed junior hockey title. The last time an Edmonton hockey team won the Memorial Cup was 1966.

"The whole year we al-



Young fans stopped Edmonton Oil Kings players as they walked through the Shell Aerocentre hallway Monday after winning the 2014 Memorial Cup. STEPHANIE DUBOIS/METRO

ways started down low and had to work our way up —

### Quoted

"I think this city is a little starved for good news in hockey, so I think people are in the mood to celebrate today." Mayor Don Iveson

be the underdogs — and I think it makes it that more exciting in the end," said Griffin Reinhart, Oil Kings' captain.

Edmonton's mayor was celebrating along with hockey fans in the city Monday as a victory party was being planned for Wednesday

to officially celebrate the team's win.

"I think this city is a little starved for good news in hockey, so I think people are in the mood to celebrate today. I certainly am and I don't have to wear anybody else's jersey so I'm happy," said Mayor Don Iveson.

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## Smartphone flood alerts. Province launches flood app to keep you in the loop

Albertans now have information about rivers and flooding at their fingertips thanks to a new app the provincial government launched Monday.

The app displays river levels, flood advisories, and information on stream flows and rainfall.

"Creating this app is just one of the many actions we are taking as a government to ensure that people have the tools and information they need when they need it most — especially in emergency situations," said Robin Camp-

## Crime

## More charges laid in 2012 homicide

Edmonton police have charged a second person in the 2012 death of Bogdan Pamfil.

Boutros Abdiaziz Mohamed, 21, was arrested last week and now faces

## Android and iPhone

**All apps are currently available for Android phones. The Alberta wildfire app is available for iPhone users and other apps will be available for iPhone soon.**

bell, minister of environment and sustainable resource development, in a release.

The province also has an emergency-alert app and a wildfire app. **METRO**

a charge of second-degree murder. Earlier this year police arrested another young man, but he was 17 at the time of the crime and can't be identified.

Police were called to Pamfil's Whyte Avenue apartment building on Sept. 4, 2012 for reports of shots being fired.

**METRO**

# Edmonton Pride Festival focuses on the family



**Organizers for this year's Edmonton Pride Festival have opted for what they call an "all-inclusive" theme. METRO FILE**

## True colours.

Organizers say 2014 event will encompass all demographics

Half-naked individuals and large parties are not the focus for the Edmonton Pride Festival, set to start on June 6, say organizers, who want to promote a different image.

As part of a three-year effort, the local pride festival will bear the "Together in Pride" theme this summer, asking local groups and different demographics to participate in one of the city's largest festivals.

"We're different (than other Pride festivals) because we're smaller," Said Kyle Brown, communications director for the festival. "We're the fourth largest in Canada but we're not all about the party; we're focused more on

## By the numbers

# 35,000

Festival organizers say they anticipate about 35,000 attendees at the Pride parade.

family.”

The week-long festival will feature many family-friendly events including a Family Fun Zone and a family picnic, said organizers.

The popular Pride parade has grown to include several politicians and about 80 floats are slotted for the big event this year.

"We wanted to show Edmonton is different. We're all-inclusive of all genders, races and all ages," said Brown.

The festival starts June 6 and continues until June 15. There's more information on specific events online.

STEPHANIE DUBOIS/METRO

[illegible]



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# Thai coup leader warns citizens against protests

## Royal endorsement.

Thailand's king endorsed its military chief to run the country and called for 'reconciliation'

Bolstered by an endorsement from Thailand's king, the nation's new military ruler issued a stark warning Monday to anyone opposed to last week's coup: Don't cause trouble, don't criticize, don't protest — or else the nation could revert to the "old days" of turmoil and street violence.

Gen. Prayuth Chan-ocha defended the army's takeover,



Gen. Prayuth Chan-ocha speaks at his first press conference since Thursday's coup on Monday in Bangkok. SARCHAI LALIT/THE ASSOCIATED PRESS

saying he had to restore order after seven months of increasingly violent confrontations between the now-ousted govern-

ment and demonstrators.

"Everyone must help me," said Prayuth, adding: "Do not criticize, do not create new problems. It's no use."

The words came as an aide to former Prime Minister Yingluck Shinawatra said she had been released Monday from military custody after being held for three days.

Earlier Monday, a royal command sent in the name of King Bhumibol Adulyadej officially endorsed Prayuth to run the country and called for "reconciliation among the people."

The endorsement is a formality, but in a country where the king's word is supreme, it is one that carries enormous weight. **THE ASSOCIATED PRESS**



## Brazil locals protest over World Cup spending

Riot police in Rio de Janeiro try to keep demonstrators away from the bus carrying some members of Brazil's national soccer team on Monday. The team was departing the airport for the Granja Comary training center, where they will stay during the World Cup. Demonstrators protested against the money being spent by the local government on the World Cup. The demonstrators were mostly of teachers and education officials demanding better schools and other improvements from the local government. **HASSAN AMMAR/THE ASSOCIATED PRESS**

## Don't hold your breath

### Man faints while driving through tunnel, injures four people in crash

Police say a 19-year-old man caused a three-car crash when he fainted while holding his breath as he drove through a tunnel in Oregon.

According to a news release, Daniel J. Calhon told investigators he fainted Sunday afternoon while holding his breath in the Highway 26 tunnel near the community of Manning.

His car, a 1990 Toyota Camry, drifted across the center line and crashed head-on with a Ford Explorer.

Both vehicles struck the

tunnel walls before a pickup hit the Camry.

Four people suffered non-life-threatening injuries.

Police say Calhon has been cited for reckless driving, three counts of reckless endangerment and fourth-degree assault.

Some people hold their breaths in tunnels as part of a game or superstition.

**THE ASSOCIATED PRESS**



# Pope ends Holy Land visit by balancing prayer and politics

**The image Vatican hopes will define trip.**

Roman Catholic Church leader embraces rabbi and Muslim in front of the Western Wall

Pope Francis wrapped up his Mideast pilgrimage Monday with a balancing act of symbolic and spontaneous gestures to press his call for peace between Israel and the Palestinians and friendship between Jews and Muslims in the land of Jesus' birth.

A day after he prayed at Israel's security barrier surrounding Bethlehem, Francis honoured Holocaust victims by kissing the hands of several survivors, and accepted Israeli Prime Minister Benjamin Netanyahu's request to pray at a memorial to victims of suicide bombings and other attacks.

After visiting the Dome of the Rock, Francis prayed at the Western Wall, leaving a hand-written note with the "Our Father" prayer written in his native Spanish in between the cracks of stone.

When he finished, a visibly emotional Francis embraced Rabbi Abraham Skorka and Omar Abboud, a leader of Argentina's Muslim community, both of whom joined Francis on his official delegation in a potent symbol of interfaith



Pope Francis holds an envelope as he prays at the Western Wall, the holiest place where Jews can pray, in the Old City of Jerusalem, Israel, Monday.  
COURTESY OSSERVATORE ROMANO/THE ASSOCIATED PRESS

friendship.

The atmosphere was starkly different in Francis' one-on-one with Netanyahu, who lauded Israel's treatment of Christians and defended its West Bank separation barrier.

THE ASSOCIATED PRESS

## Awkward moment

**"He spoke Aramaic, and he also knew Hebrew."**

Israeli Prime Minister Benjamin Netanyahu at an awkward moment in a one-on-one chat with Pope Francis, insisting that Jesus spoke Hebrew. "He was speaking Aramaic," the Pope replied with a smile.

## New York. Hacker helped FBI thwart cyberattacks, court papers show

A prolific computer hacker who infiltrated the servers of major corporations later switched sides and helped the U.S. government disrupt hundreds of cyberattacks on Congress, NASA and other sensitive targets, according to federal prosecutors.

New York prosecutors detailed the co-operation of Hector Xavier Monsegur for the first time in court papers while asking a judge for leniency at his sentencing Tuesday. They credited Monsegur with helping them cripple Anonymous, the notorious crew of hackers.

## Background

Court papers say Monsegur first began hacking in a Manhattan apartment in the early 2000s to steal credit card information, then sell it or use it to pay his bills.

- Starting in early 2011 and using the alias Sabu, Monsegur led an Anonymous

splinter group called Lulz Security, or LulzSec, which hacked Fox TV, Nintendo and PayPal systems.

- Monsegur said he joined Anonymous because he was upset over the arrest of WikiLeaks founder Julian Assange.

Working with FBI agents at his side, Monsegur "provided, in real time, information about then-ongoing computer hacks and vulnerabilities in significant computer sys-

tems," prosecutors wrote.

The FBI estimates he helped detect at least 300 separate hacks, preventing millions of dollars in losses, they added. THE ASSOCIATED PRESS

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# Chief of defence claims military knows location of kidnapped girls

**Abuja, Nigeria.** Military official won't elaborate on location of students, suggests using force to rescue them will result in their deaths

Nigeria's military has located nearly 300 schoolgirls abducted by Islamic extremist group Boko Haram, but fears using force to try to free them could get them killed, the country's chief of defence said Monday.

Air Marshal Alex Barde told demonstrators that Nigerian troops can save the girls. But he added, "We can't go and kill our girls in the name of trying to get them back."

He spoke to thousands of demonstrators who marched to Defence Ministry headquarters in Abuja, the capital. Many were



Nigeria's chief of defence, Air Marshal Alex Barde, centre, speaks in Abuja, Nigeria, Monday during a demonstration calling on the government to rescue the kidnapped girls of a government school. GBENGA OLAMIKAN/THE ASSOCIATED PRESS

brought in on buses, indicating it was an organized event.

Asked by reporters where

they had found the girls, Barde refused to elaborate.

"We want our girls back. I

can tell you we can do it. Our military can do it. But where they are held, can we go with

force?" he asked the crowd.

People roared back, "No!"

"If we go with force what

will happen?" he asked.

"They will die," the demonstrators said.

"Nobody should come and say the Nigerian military does not know what it is doing. We know what we are doing," Barde insisted.

Nigeria's military and government have faced national and international outrage over their failure to rescue the girls seized by Boko Haram militants from a remote northeastern school six weeks ago.

President Goodluck Jonathan was forced this month to accept international help. American planes have been searching for the girls. Britain, France, Israel and other countries have sent experts in surveillance and hostage negotiation. Jonathan's reluctance to accept help for weeks is seen as unwillingness to have outsiders looking in on what is considered a corrupt force.

THE ASSOCIATED PRESS

## Developing world

### Birth, death data vital for health of women, children

For one million babies born every year, it's as if they were never here.

That's how many newborns die on the day of their birth, along with millions more in their first month of life, all without ever having been formally documented.

The lack of vital birth and death registration in poor countries will be a major topic of discussion at this week's international meeting on improving the plight of children, newborns and mothers in developing countries.

Prime Minister Stephen Harper is hosting the three-day conference in Toronto.

Rosemary McCarney, the co-chair of the Canadian Network for Maternal Newborn and Child Health, says birth registration is a key to making progress on the issue.

She says knowing about births, deaths and cause of death is key to bringing down mortality rates and improving the health of the most vulnerable women and children in poor countries. **THE CANADIAN PRESS**

## Lawsuit. Woman alleges RCMP officers pulled her from shower, left her nude

A Manitoba woman is suing six RCMP officers, claiming they pulled her from a shower and left her shivering and naked in her kitchen during a search of her home.

The woman alleges in a lawsuit filed last week that the September 2012 incident has left her with post-traumatic stress disorder, fear of being alone and a fear of showering, as well as emotional trauma.

The lawsuit alleges the woman was taken from her main-floor bathroom shower during the mid-morning raid and kept in custody, without any clothing, in the kitchen while police searched her home.

"The plaintiff was kept in the kitchen without access to covers for a period of time," the statement of claim says. "The plaintiff began hyperventilating and experiencing shock-like symptoms."

It claims the woman, who works as a hospital medical technician, was eventually taken to hospital in an ambulance. She is seeking unspecified damages, including punitive damages and costs.

### Quoted

"The plaintiff began hyperventilating and experiencing shock-like symptoms."

Statement of claim from Manitoba woman, who alleges RCMP officers left her naked in her kitchen while they searched her home

"As a result of the injuries which the plaintiff received from the defendants, the plaintiff has suffered out-of-pocket expenses including loss of wages in an amount to be proven at trial," the lawsuit says.

The lawsuit says Mounties raided the house while executing a search warrant as part of an investigation, but does not elaborate. Daniel Minuk, the woman's lawyer, declined to comment on the lawsuit or its allegations.

Tara Seel, media relations officer with the RCMP, said it would be inappropriate to comment since the matter is now before the courts.

No statement of defence has been filed. The woman's claims have not been proven in court. **THE CANADIAN PRESS**

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## Libya

Anti-Islamist  
journalist killed  
in targeted attack

Gunmen shot dead a newspaper editor who was an outspoken critic of Islamists in Libya's volatile east on Monday, in a targeted killing that came hours after he warned the Islamist-led parliament of a civil war if it didn't bow to widespread

demands to disband and allow early elections.

A security official said the 50-year-old Moftah Abu Zeid, chief editor of the Brnieq newspaper, was attacked while driving down a main street in the eastern city of Benghazi.

Libya is deeply polarized, with a renegade general having launched an armed campaign against Islamists, who dominate the elected parliament.

THE ASSOCIATED PRESS

## Pakistan

Gunmen slay  
Canadian  
cardiologist

The brother of a Canadian cardiologist gunned down in Pakistan in front of his wife and two-year-old son says Mehdi Ali Qamar had just arrived in Pakistan to do volunteer work at a hospital.

Police say two gunmen riding a motorcycle shot

Qamar 10 times at close range in the town of Chanab Nagar, adding that Qamar's wife and son were not harmed.

Hadi Ali Chaudhary says his brother and his family arrived in Pakistan several days ago from their home in Ohio. Police have said they don't have a motive for Qamar's slaying, but the family says he was killed for being a member of the Ahmadiyya Muslim Jama'at Canada community. THE CANADIAN PRESS



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Pro-Russian insurgents with weapons arrive near the airport outside Donetsk, Ukraine, had taken over the airport in the eastern city of Donetsk, suggesting that fighting in

# Ukraine's vows talks

**More conflict.** Kyiv  
launches airstrike after  
rebels occupy airport

Ukraine's president-elect said Monday he wants to begin talks with Moscow and end a pro-Russia insurgency in the east, but the rebels escalated the conflict by occupying a major airport, and the government in Kyiv responded with an airstrike.

As darkness fell in Donetsk, a city of about 1 million in eastern Ukraine, it was unclear who was in control of the airport. Hundreds of fighters of the separatist Donetsk People's Republic had been brought by trucks to a wooded area on the fringes of the airport, many of them armed with rocket-propelled grenade launchers and automatic rifles. At least one warplane streaked over the city, firing flares, and explosions were heard from the direction of the airport.

Early Tuesday, the DPR said on its Twitter account that a truck carrying wound-

ed from the airport area came under fire and that the driver was killed.

The rebels, who declared independence for Donetsk and the neighbouring Luhansk region after a hastily called and dubious referendum two weeks ago, regarded Sunday's election of candy tycoon Petro Poroshenko as president to be illegitimate.

In a victory speech, the billionaire promised to open a dialogue with residents of eastern Ukraine and to guarantee their rights. The rebels and many others in the region say they fear the February ouster of pro-Moscow President Viktor Yanukovich will lead to the repression of its predominantly Russian-speaking population by Ukrainian nationalists.

Poroshenko also said he would not negotiate with armed insurgents that he calls terrorists.

Russia has heavily criticized an offensive by Ukraine's military against the rebels, and Poroshenko indicated he wants it to end





# Egyptians vote for new president

Egypt's presidential election on Monday turned into a nationalist celebration at many polls with voters singing and dancing for the almost certain winner — former military chief Abdel-Fattah el-Sissi, who last year ousted the first freely elected president.

But the first day of voting in the two-day election also illustrated the bitter divisions that have riven Egypt since the military's removal of Islamist

leader Mohammed Morsi. In towns where Islamists dominate, voting was often thin or non-existent.

The 59-year-old retired Field Marshal el-Sissi is looking for more than a landslide victory from the election. He's hoping for a strong turnout to show international critics that his July 3 ousting of Morsi reflected the will of the people — and to claim popular support as he tries to tackle Egypt's

daunting economic woes.

For 10 months, el-Sissi has had the institutions of state and nearly all of Egypt's media behind him, whipping up a pro-military jingoism and depicting him as the sole figure who can rescue the country. After polls closed Monday, the prime minister declared Tuesday a holiday for government employees to allow them to go to the polls, in a push for greater numbers.

## Quoted

**"It is like a wedding day. It is a new beginning."**

Hoda Takla, a 65-year-old Coptic Christian woman, who walked out after voting with a big smile on her face

El-Sissi's only rival is left-wing politician Hamdeen Sabahi, who finished third in the 2012 presidential vote.

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# new prez with east

quickly.

"The anti-terrorist operation cannot and should not last two or three months," he said. "It should and will last hours."

But aggression by rebels, as at the Donetsk airport, could make it impossible for Ukrainian forces to back off.

News reports said scores of armed insurgents descended on the airport about 3 a.m., and all flights were cancelled. Heavy gunfire

broke out, Ukrainian fighter jets and helicopters flew overhead, and dense black smoke rose in the air.

Denis Pushilin, a leader of the separatists, said they sent their men to the airport after some of their supporters were detained, but news reports cited the airport's press service as saying the insurgents were demanding Ukrainian forces be withdrawn from around the facility. THE ASSOCIATED PRESS

## 'Genuine election'

Sunday's presidential balloting was praised by international observers as a "genuine election," saying it was held freely and fairly.

- Poroshenko, known for his pragmatism, supports building strong ties with Europe but also has stressed the importance of mending relations with Moscow.
- Russia denies allegations that it supports or directs

the insurgents. But Russia is pushing for Ukraine to decentralize its government, which would give more power to the regions including the east, and wants Kyiv to withdraw its troops from the area.

- Russia massed its troops near the Ukrainian border, but President Vladimir Putin said last week that those forces were being pulled back to their home bases.



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## No apology from Harper

## Muslim group's lawsuit against PMO proceeding

A national Muslim organization is proceeding with a lawsuit against Prime Minister Stephen Harper and his chief spokesman for a comment it says linked the organization to a terrorist group.

The National Council of Canadian Muslims is filing a statement of claim in Ontario Superior Court after failing to get an apology from the Prime Minister's Office for the January remark.

The council took its first legal step in January by filing a notice of libel which quotes Harper spokesman Jason MacDonald as saying, "We will not take seriously criticism from an organization with documented ties to a terrorist organization such as Hamas."

THE CANADIAN PRESS

## 2010 Gaza incident

## Turkey orders arrest of Israeli commanders

A Turkish court on Monday ordered the arrests of four former Israeli military commanders being tried in absentia over the killing of nine people aboard a Turkish aid ship that tried to break a Gaza blockade in 2010, Turkey's state-run news agency reported.

The court in Istanbul ruled that authorities must seek an international warrant for Israel's former military chief Lt. Gen. Gabi Ashkenazi and three other former commanders, the Anadolu Agency reported.

THE ASSOCIATED PRESS

# Baird says Turks and Caicos dream will remain just that

## No 11th province.

Though islands' premier says he's not closing the door on joining Canada, Foreign Affairs says it's not in the cards

The premier of Turks and Caicos is leaving the door open to the prospect of his country joining Canada, even though he has opposed the idea in the past.

But Foreign Affairs Minister John Baird suggested Monday that Canadians are dreaming if they think they'll have a province in the Caribbean any time soon.

Turks and Caicos Premier Rufus Ewing met Prime Minister Stephen Harper in Ottawa, where he says the two leaders spoke about exploring a more formal relationship.

Ewing described the meeting as a "courtship," but said the pair did not discuss the possibility of Turks and Caicos



Cruisegeers enjoy the beach at the Grand Turk Cruise Terminal in Grand Turk, Turks and Caicos. Turks and Caicos Premier Rufus Ewing met with Prime Minister Stephen Harper in Ottawa Monday. THE ASSOCIATED PRESS FILE

## Island aspirations

The notion of annexing Turks and Caicos dates back to Borden's era.

- **1917:** Canadian Prime Minister Sir Robert Borden explores the idea of annexing the islands. Britain says no.
- **1974:** Canadian New Democrat Max Saltzman introduces a private member's bill to annex the

islands. It failed.

- **2004:** The Nova Scotia legislature passes a motion calling for negotiations to make the islands a part of Nova Scotia.
- **2014:** Conservative MP Peter Goldring persists in his efforts to link Canada and the islands.

becoming Canada's 11th province.

The idea, however, is not out of the question, Ewing suggested during a news conference following the meeting.

"It is not of my mandate to close the door," he said.

"It is my mandate to see Turks and Caicos have sustainable economic growth and development and development of our people ... and we look to Canada, who has shown by example of being a very strong democracy."

Even creating closer ties is a long shot, said Baird: the

Harper government is not exploring a stronger relationship, let alone considering a plan to annex the British colonial territory.

"We're not in the business of annexing islands in the Caribbean to be part of Canada, so that's not something that we're exploring," said Baird.

"We're not looking at any sort of formal association with the islands."

Some provinces, however, appear open to the idea. While Ewing was in Ottawa, P.E.I. Premier Robert Ghiz tweeted to Saskatchewan Premier Brad



Rufus Ewing, premier of Turks and Caicos, holds a media availability on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

## Quoted

"We're not in the business of annexing islands in the Caribbean to be part of Canada, so that's not something that we're exploring."

Foreign Affairs Minister John Baird

Wall that he'd be happy to partner with the Prairie province on the Turks and Caicos project.

Conservative MP Peter Goldring has been pushing the idea for over a decade.

Canada enjoyed strong economic ties with Turks and Caicos in the 1800s, largely through the salt trade.

More recently, however, the 40-island nation has relied more on the tourist trade and its open banking system for the economic well-being of its roughly 30,000 inhabitants.

Turks and Caicos is currently a British territory with an elected legislature.

THE CANADIAN PRESS



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# Colombian leader's message of hope no longer getting votes

**The winner is: Apathy.**  
60% of voters stay home as leading candidates prepare for June runoff

He presides over one of Latin America's fastest-growing economies and has taken peace negotiations with Marxist rebels further than anyone in decades.

But President Juan Manuel Santos doesn't appear to be clicking with Colombian voters, who haven't felt the benefits of the economic boom and are preoccupied with more mundane concerns than they are the still dubious prospects for an end to a half-century of guerrilla violence.

Fatigue with Santos's rule was evident Sunday as a near-record 60 per cent of eligible voters stayed home. Those who did cast ballots often went for the president's rivals. Former finance minister Oscar Ivan Zuluaga finished atop the five-candidate field with 29 per cent, setting up a June 15



Colombia's President Juan Manuel Santos speaks in Bogota, Sunday. Santos finished second in the opening round of the presidential election and will face winner Oscar Ivan Zuluaga in a runoff on June 15. THE ASSOCIATED PRESS

runoff with Santos, who was second at 26 per cent.

Despite the setback, Santos is showing no signs of rethinking his electoral strategy focused on an 18-month-old effort to end Colombia's rebel conflict.

Speaking to supporters Sunday night, he framed the contest against Zuluaga, the conservative protege of for-

mer President Alvaro Uribe, as a battle between "hope and fear."

"The choice is between those of us who want to put an end to the war and those who want a war without end," Santos, 62, told supporters in Bogota, who responded with shouts of "Peace for Colombia!"

THE ASSOCIATED PRESS

# White House accidentally reveals top CIA official

The Obama administration accidentally revealed the name of the CIA's top official in Afghanistan in an email to thousands of journalists during the president's surprise weekend trip to Bagram Air Field.

The officer's name — identified as "chief of station" in Kabul — was included by U.S. embassy staff on a list of 15 senior American officials who met with U.S. President Barack Obama during the Saturday visit. The list was sent to a Washington Post reporter who was representing the news media, who then sent it out to the White House "press

pool" list, which contains as many as 6,000 recipients.

White House officials realized the error after the Post reporter notified them, and sent out a new list without the station chief's name. Major news organizations have agreed not to publish the officer's name at the request of the Obama administration, who said its publication could put his life and those of his family members in danger.

Members of the CIA's operations arm are typically given cover identities to protect both them and the sources they have recruited abroad.

THE ASSOCIATED PRESS

## Serious crime

The intentional disclosure of the name of a "covered" operative is a crime under the U.S. Intelligence Identities Protection Act.

- In 2003, Valerie Plame was exposed as a CIA operative by officials of the George W. Bush administration in an effort to discredit her husband, a former ambassador who had criticized the decision to invade Iraq.
- A top aide to Vice-President Dick Cheney, Lewis "Scooter" Libby, was convicted of perjury and obstruction of justice in the case, and sentenced to 30 months in prison, though Bush commuted the prison sentence.

## Double standard?

**"I doubt anyone from the White House is going to be prosecuted over this."**

Jesselyn Raddack, who represented former CIA officer John Kiriakou, jailed 30 months for disclosing to a reporter the name of an undercover agency officer.

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# Man, woman face charges after alleged attack plot

**Finland.** Prosecutors say that the pair was plotting to kill 50 people in an attack at the University of Helsinki

A man and woman arrested for allegedly plotting an attack at Finland's biggest university were planning to kill dozens of people at random, prosecutors said Monday at the start of their trial.

Authorities have released few details about the pair or their alleged motive since they were arrested in March.

Footage from Finnish broadcaster YLE showed the woman raising her right arm in an apparent Nazi salute when the court hearing started Monday.

Prosecutors told the court that the defendants, who are in their 20s but whose names were not released, were plotting to kill about 50 people in an attack at the University of Helsinki. They were also charged with weapons possession.

Both have pleaded innocent. They admitted in court Monday that they were discussing a potential attack but denied committing a crime, YLE reported.

Jukka Kola, the university's rector, said in a statement Monday that the plot was discovered when someone tipped police off about the pair's plans. Neither defendant was enrolled at the university, he said.

If found guilty, they would face a maximum four-year prison sentence.

THE ASSOCIATED PRESS

## Alleged attack plan

- The suspects met online and discussed the massacre using encrypted emails, YLE said on its website, citing prosecutors. They allegedly planned to carry out the attack in January, but postponed it in order to prepare more carefully.
- The male defendant told the court he had been

bullied at school and started thinking about an attack after two school shootings in 2007 and 2008 in Finland that killed a total of 20 people, YLE reported.

- He had images of last year's Boston Marathon bombings on his computer, the broadcaster said.



## Floods in southern China displace hundreds of thousands

In this photo taken Sunday, Chinese workers rescue residents by boat through floodwaters in Shangli county in central China's Jiangxi province. Flooding over the past week in China's south has killed 37 people, left six missing, and forced almost half a million people from their homes, the government said Monday. THE ASSOCIATED PRESS

## Colorado. Rescue teams search for missing men after large mudslide

Rescue teams resumed the search Monday for three men reported missing after a large mudslide struck the high country of western Colorado.

The slide hit Sunday in a remote area near the town of Collbran. The Mesa County Sheriff's Department estimated it measured 6 kilometres long, 3 kilometres wide and as 76 metres deep in many places, but it said no structures or major roads were affected.

Mesa County Sheriff's dispatcher Amanda Orr said three men, all area residents, were unaccounted for. It wasn't known if they were in the area

impacted by the massive slide.

A sheriff's helicopter was surveying the slide area early Monday. Rescuers raced to the scene when it was reported around 6:15 p.m. Sunday, sheriff's spokeswoman Lisa McCammon said. The sheriff's office said that the person who reported the slide "described hearing a noise that sounded much like a freight train."

The region features large mesas and is partially surrounded by the Grand Mesa National Forest. Authorities say heavy rains that fell over the weekend contributed to the slide. THE ASSOCIATED PRESS

## Guinness record. Former world's heaviest man dies

A Mexican man once listed as the world's heaviest human being died Monday at the age of 48.

Manuel Uribe had slimmed down to about 867 pounds, well below his then-record peak weight of 1,230 pounds, which was certified in 2006 as a Guinness World Record.

Uribe's death was confirmed by an official of the health department of Nuevo Leon state, where the city of Monterrey is located. He had been confined to his bed in Monterrey for years, unable to walk on his own.

The official, who was not authorized to be quoted by name, said Uribe had been

taken to the hospital on May 2 because of an abnormal heartbeat.

He had to be taken to the hospital with a crane by emergency and civil defence workers. Doctors have not yet certified the cause of death. Uribe was also believed to have suffered from liver problems.

Uribe was a chubby kid, weighing more than 250 pounds as an adolescent. Starting in 1992, he said, his weight began ballooning further.

Since the summer of 2002, Uribe had been bedridden, relying on his mother and friends to feed and clean him.

THE ASSOCIATED PRESS





# Fatal train crash in India kills at least 40

**Gorakhpur Express train.** Officials say that the express train hit another train that was parked on the tracks in Uttar Pradesh state

An express train plowed into a parked freight train in northern India on Monday, killing at least 40 people and reducing cars to heaps of torn and twisted metal, officials said.

The Gorakhpur Express passenger train was travelling at high speed and slammed on its brakes in an attempt to stop, but hit the train sitting on the tracks near a railway station in Uttar Pradesh state, district magistrate Bharat Lal said.

Six of the cars on the express train derailed, with one car taking the brunt of the impact and accounting for most of the 40 deaths so far counted, senior police officer Amrendra Sainger said.

"It has been reduced to a mangled iron mesh," he said. "We do not know how many people were there." While the car seats 72, such trains are often filled beyond capacity.

Authorities were searching for the station master, who disappeared after the accident in Sant Kabir Nagar, about 220 kilometres southeast of the state capital, Lucknow. But authorities said it was too early to say what had gone wrong and were investigating everything from mechanical failure to human error. Most of the victims were poor farm workers returning to their homes from the neighbouring state



Officials and rescuers stand near the wreckage after the Gorakhpur Express passenger train slammed into a parked freight train near Basti, in India's Uttar Pradesh state, on Monday. THE ASSOCIATED PRESS PHOTO

of Haryana, local police official Zameer Ahmad said. The train departed from Haryana's Hisar town and was just 46 kilometres from its destination of Gorakhpur.

Because of the remote location, "it was difficult to start rescue operations immediately," Ahmad said. "By the time police and rail officials reached the spot, villagers and other passengers had moved the injured away."

Rescuers worked to free people trapped under train cars and debris. THE ASSOCIATED PRESS

## Frequent train accidents

Accidents are common on India's railroad network, one of the world's largest with 20 million people riding daily on about 11,000 passenger trains.

- Most of the accidents are blamed on poor maintenance and human error.
- Earlier this month, a train crashed into a jeep at an unmanned railroad crossing

in Uttar Pradesh, killing 13 members of a wedding party.

- Four days earlier, a passenger train derailed, killing at least 19 people just south of Mumbai.
- Another train derailment last month left dozens injured in the northeast state of Assam.

## Lac-Mégantic

### Move rail line away from town centre: Committee

A committee studying the relaunch of Lac-Mégantic says the wisdom of having a rail line running through the centre of town again needs to be evaluated.

Part of the community's downtown was destroyed and 47 people were killed last July

when a freight train loaded with fuel oil derailed from tracks and exploded.

Municipal leaders and townsfolk have argued the line should be moved so a similar tragedy doesn't happen. The cost of the study is estimated at \$2.5 million and would be shared between the provincial government, the town and Fortress Group.

Fortress is the new owner of Montreal, Maine and Atlantic Railway, whose train was involved. THE ASSOCIATED PRESS

## Canadian Transportation Agency. Canola growers say rail service is 'dismal'

Canola farmers are complaining to the Canadian Transportation Agency about what they call "dismal" service from the country's two biggest railways.

The Canadian Canola Growers Association says Canadian National Railway Co. and Canadian Pacific Railway Ltd. have not fulfilled their obligation to move Western Canadian grains and oilseeds to market this crop year.

The group's complaint cites provisions in the Canadian Transportation Act that require railways to provide "adequate

and suitable" accommodation for all traffic their customers want moved.

"The breakdown of the Western Canadian rail transportation system this year is completely unacceptable for grain producers," said Brett Halstead, president of CCGA.

The arms-length regulatory agency will issue a determination within 120 days of receiving the complaint. The railways say they've done everything they can considering the sheer volume of grain, combined with unusually harsh winter conditions. THE ASSOCIATED PRESS



A white-tail deer stands neck deep in a field of canola while browsing for food west of Brandon, Man. THE CANADIAN PRESS FILE

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## London mayor. Joe Fontana pleads not guilty to 3 fraud charges

The mayor of London, Ont., admits that as a member of Parliament he altered a contract that he submitted for expenses, but the \$1,700 the government paid out was not for his son's wedding, his lawyer said Monday.

Joe Fontana, who has refused to step down as mayor while his case is before the courts, pleaded not guilty to fraud, uttering a forged document and breach of trust by a public official on the first day of his trial.

The Crown alleges Fontana wrote a \$1,700 cheque as a deposit for his son's 2005 wedding reception at the Marconi Club in London then submitted a claim for a government expenses along with a "significantly altered" version of the contract that secured the club as the wedding venue.

Among the alterations were changing the date of the event from June 25, 2005, to Feb. 25, 2004, the word "wedding" to "reception" on the contract under the section



Joe Fontana THE CANADIAN PRESS

for purpose of the event, the addition of a yellow sticky note saying "misc constituents reception" as well as the word "original" added in blue ink.

Fontana's lawyer, Gord Cudmore, said his client admits making those changes, but what is at issue in the trial is the purpose of the \$1,700 cheque.

"You will find in the course of the evidence called it is the position of the defence that the cheque had nothing whatsoever to do with the wedding," THE CANADIAN PRESS



## Officers direct mother duck through downtown traffic

Court security officer Mike Rivard and police constable Doug Pain try to convince a mother duck to continue leading her ducklings across a busy downtown street in London, Ont., on Monday.

DAVE CHIDLEY/THE CANADIAN PRESS

## European Parliament election. Euroskeptic rise muddles EU future

Euroskeptics celebrated across the continent on Monday, from Britain to France and beyond, over their unmatched success in the European Parliament election. Now they are keen to put up internal borders again, keep foreigners out of their labour markets, abolish the common euro currency and let their nations go it alone in a globalized world.

The 28 European Union leaders meeting in Tuesday's postelection summit have a different task: making sure the surge of anti-EU and anti-establishment parties that claimed almost 30 per cent of the EU's 751-seat legislature doesn't dislodge the 64-year project of closer co-operation between European nations.

They will also need to look for a way to reconnect with an ever more disenchanted European electorate that stayed away from the polls in massive numbers — and cast plenty of protest votes when they did show up.

Trust in political leader-

ship "is going down dramatically," EU Commission President Jose Manuel Barroso acknowledged Monday in Sintra, Portugal.

British Prime Minister David Cameron, faced with the rise of the Euroskeptic UK Independence Party at home, struck a similar note, saying nothing will be business-as-usual any more.

"People are deeply disillusioned with the European Union," Cameron said Monday after Nigel Farage's UKIP came out on top in Britain and was slated to win 24 EU seats, compared to 19 for Cameron's Conservatives.

The British leader who has been calling on the EU to drastically reform its ways and institutions to give member nations more space to run their own affairs will be a key figure at Tuesday's summit.

Voters "want change and as far as I am concerned that message is completely received and understood," Cameron said. THE ASSOCIATED PRESS

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## Ties that bind. Hacking charges won't break tight China, U.S. business bonds

China may be trying to steal trade secrets from U.S. businesses, as federal prosecutors allege. Yet for many U.S. companies, China's vast market remains an irresistible source of business.

The Justice Department's indictment last week of five Chinese military officials accused them of trying to pilfer confidential information from American companies. But even some of the alleged U.S. corporate victims of the hackers have little incentive to cheer any trade rupture

### Relations

American companies are in a delicate position.

- They want to maintain good relations with China, the world's second-biggest economy. But they're also increasingly fearful of Chinese hackers stealing their trade secrets.

with China. **THE ASSOCIATED PRESS**

### Management structure

## Walmart cuts 750 jobs in Canada

Walmart Canada has confirmed it laid off hundreds of employees across the country earlier this month in a move to rework its management structure.

The Arkansas-based

retailer said it eliminated 750 jobs — which it says represented less than one per cent of staff — after testing a new management structure in select stores.

As part of the changes, Walmart Canada says 1,300 associates were promoted to more senior roles and about 200 store managers were added. **THE CANADIAN PRESS**

# Write to Warren Buffet — his sister Doris may reply



Drew the short straw in life? Warren and Doris Buffet may help you.

THE SUNSHINE LADY FOUNDATION/THE ASSOCIATED PRESS

### Philanthropy.

Sister of the Berkshire Hathaway billionaire reads letters, looking for deserving cases

When Warren Buffett announced in 2006 that he would give away his billions, he was flooded with individual requests for help that still flow in today.

Instead of tossing the letters aside, Buffett packages them up and sends them to his big sister Doris. With the help of seven

### Quoted

"I think Warren and Doris do not have it in them to ignore those letters."

Northeastern University professor Rebecca Riccio, who teaches philanthropy and interviewed the Buffet siblings last year.

women, her Sunshine Lady Foundation scrutinizes each request to find people who have come upon bad luck through no fault of their own.

"She just believes that a lot of people got short straws in life, and she wants to help them," Warren Buffett said.

It's rare for philanthropists to respond to individual requests, said Northeastern University professor Rebecca Riccio, who teaches philanthropy and interviewed the siblings last year. Buffett, 83, and his 86-year-old sister worked out the unusual arrangement because neither wanted to disregard the requests, but Buffett also wanted to focus on running Berkshire Hathaway.

Warren Buffett sent his sister \$5 million initially to cover the cost of responding to his letters and promised more money if she needed it. The siblings didn't want to say exactly how much Doris has given to the letter writers so far.

**THE ASSOCIATED PRESS**



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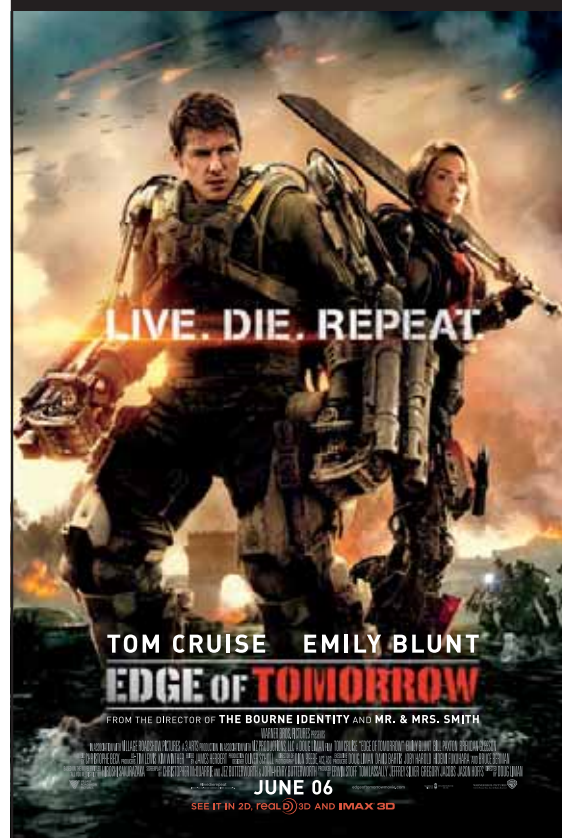
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# A special on curl-ups with a can of carrots?

## Fitting in fitness.

You can work on your six-pack for free, and pick up a six-pack, at one Albany, N.Y., grocery store

When Ann Lawson strolls into her neighbourhood grocery store, she really gets a workout.

That's because her Hannaford supermarket has a small gym located just past the pharmacy counter. It has treadmills, stationary bicycles, various other cardio machines, even a state-of-the-art Zumba room with a shiny wooden floor.

And best of all, it's free. "It's about me getting healthy and losing some of this excess weight," Lawson said. "And I like the idea of being able to work out and shop in one trip."

Maine-based Hannaford insists the 5,600-square-foot



A grocery store in Albany, N.Y., offers a free gym open to anyone, just past the pharmacy. MIKE GROLL/THE ASSOCIATED PRESS

health facility that opened in October is not part of some shrewd marketing campaign. The Albany, N.Y., store is the only one in the 184-store chain with such a gym, and there are no plans for more.

The idea grew out of a meeting last summer between Hannaford, the local YMCA and the health-care provider Capital District Physicians' Health

Plan. All said their goal was to come up with something to improve the area's health while also being convenient, accessible and free.

Store manager Dave Farrell, an admitted "exercise fool" who has dropped 86 pounds in the last year, said gym-goers don't have to shop in the store — they just fill out paperwork on the first visit and are given

fobs to swipe when they stop by.

So far, just over 1,100 people have signed up, and the exercise classes are packed.

"Obviously, we've had people use it who weren't customers and have decided to shop in the store," Farrell said. "It's definitely a win for us, but that wasn't the goal."

THE ASSOCIATED PRESS



## Please do not turn that off

The directive to "Please turn off your portable electronic devices" is becoming a thing of the past for Canadian air travellers. Transport Minister Lisa Raitt says regulations are being changed to permit the use of video games, tablets, computers and cameras at any time during a flight, including during takeoff and landing. PHOTO: SANDRA MU/GETTY IMAGES; TEXT: THE CANADIAN PRESS

### Market Minute

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Other markets closed for Memorial Day in the U.S.

## Power plants. America still waiting for national dump for nuclear waste

Nuclear power plants across the United States are building or expanding storage facilities to hold their spent fuel — radioactive waste that by now was supposed to be on its way to a national dump.

The steel and concrete containers used to store the waste on-site were envisioned as only a short-term solution when introduced in the 1980s. Now they are the subject of reviews by industry and government to determine how they might hold up — if needed — for decades or longer.

With nowhere else to put its nuclear waste, the Millstone Power Station overlooking Long Island Sound is sealing it up in massive steel canisters on what used to be a parking lot. The storage pad, first built in 2005, was recently expanded to make room for seven times as many canisters filled with spent fuel.

Dan Steward, the first selectman in Waterford, which hosts Millstone, said he raises the issue every chance he can with Connecticut's congressional members.

THE ASSOCIATED PRESS

### Content

#### TSN, Canadian Tire team up on deal

Canadian Tire Corp. has signed a multi-year deal that will see sports broadcaster TSN develop and produce a wide range of content for the retailer, including its Sports Chek stores.

"All of our customers are either online or going online," Duncan Fulton, senior vice-president at Canadian Tire, said in an interview Monday.

"They're on YouTube.

They're on Facebook. They're on Twitter. They're surfing our site. They're surfing TSN's site. They're on mobile."

THE CANADIAN PRESS

### Rio casino

#### Betting on zip lines in Sin City

Officials at the Rio casino are celebrating the grand opening of a zip line that runs between two of the resort's towers and offers views of the Las Vegas Strip.

Mixed martial arts announcer Bruce Buffer is expected to yell his signature catchphrase "It's time!" at noon on Sunday and then take a ride on the Voodoo Zip Line as part of the ceremony.

It's the second zip line to open in Las Vegas this spring. The SlotZilla line running through the Fremont Street Experience opened in April. THE ASSOCIATED PRESS

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# BUT WHICH BRO ARE YOU, BRO?

The world of online dating is a wondrous novelty to me. I'm not sure if I would have ended up with my own significant other — whom I met unromantically, at a bar — if I had relied on a digital matchmaking service that allows you to filter potential partners by age, race, religion, geography, height, body type and annual income.

Sophisticated algorithms might help users narrow down their search, but we all know that a carefully selected profile photo can make or break your chances of finding a date. Some sites such as Match.com and eHarmony allow users to post an entire catalogue of images, while popular matchmaking app Tinder limits users to just five well-chosen snapshots.

I spent the weekend scrolling through profiles on various digital dating services with a few of my single girlfriends — in the name of research, of course — to find out what influences a woman's decision to swipe right and say yes to a date. In the course of this exceedingly important investiga-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

tion, I discovered there are numerous things that make women cringe when it comes to first-impression photos.

**The top five things all the single ladies really don't want to see on your profile:**

- **Your ex:** It's perplexing to see how many men think posting a romantic vacation photo with their ex-girlfriend might help them snag a date. I don't care if you look incredibly handsome in that picture in front of the Eiffel Tower; coupled-up images suggest you are still invested in your previous relationship or have absolutely no idea how to upload new content to the Internet.
- **Group shots:** We get it, you love your bros. You have so many bros, but which bro are you, bro? Dating websites feature thousands of men; your individual profile should be about you and not your posse of pals. Stick to solo images to avoid confusion.

• **Photos of your stuff:** Most women aren't looking to date your motorcycle or your dog and if they are, well they probably still want to see YOU posing with your prized possessions. Uploading standalone images of your condo interior won't help you turn that bachelor pad into a love nest any time soon.

• **Bicep snaps:** It can be hard to find a good collection of recent pictures of yourself, but please stop with the not-so-discrete snapshots of you flexing at the gym. According to a survey by dating website Zoosk, a man is 19 per cent more likely to receive a message from a woman if he posts an image of himself doing something outdoors. So step away from the mirror and get outside.

• **Archival images:** It doesn't take a detective to figure out that a 36-year-old man who uploads a snapshot of himself doing a keg stand at a frat party might be stuck in the past. Remember that you're looking for someone to date you, not "20 pounds ago and with way more hair" you. Avoid disappointment by being honest with yourself and potential love interests.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Lali, Lela, Lila, Lulu and Obama



Five Bengal white tiger cubs born on April 25 were unveiled to the public at the White Zoo in Kernhof, Austria, on Monday. RONALD ZAK/THE ASSOCIATED PRESS

#### Cubs make their grand entrance

A litter of rare tigers made their debut at a zoo in Austria.

According to the zoo, it's the first time five white tiger cubs were born in a single litter in Europe. The four female and one male are all healthy and doing well.

"We are very, very proud and very happy, because they are totally normal, there is nothing wrong (with them)," said zoo director Herbert Eder. **WPTV.COM**

#### Rare beauty makes them targets

The cubs' mother, named Burani, was brought to the zoo from Germany three years ago and this is her third litter.

The father, named Samir, has fathered 14 cubs.

Eder says, "They are not hand-tamed, and not together with people; they are together with their mother."

The white tigers' unique colour means they're targeted by poachers and nearly extinct in the wild. **WPTV.COM**

#### By the numbers

## 500

There are only a small quantity of white tigers in existence and the current population is estimated at approximately 500. With the inevitable inbreeding problems, a debate continually rages over the wisdom of breeding this animal.

**SOURCE: INDIANTIGER.ORG**

## SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on pages 22 and 24 in Scene and page 29 in Sports

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## MetroTube

### Wicked smart birds!



**ANDREW FIFIELD**  
metronews.ca

If there's one fun fact we all took away from Jurassic Park, it's that a closed door would be no match for those crafty velociraptors. "Life finds a way," is how a great man put it.

Smash cut to a few million years later, and we find things haven't changed a whole lot. These clever swallows, residents of the University of Victoria's Campus Bike Centre, are doing their much larger ancestors proud by laughing at our obstacle-based achievements and the motion sensors that guard them. (Via Grant Hughes/YouTube)



ISTOCK PHOTO





# SCENE 2

## Charlize Theron risks it all for a Million Ways to Die

### Wild, wild western.

The Oscar winner risked life and limb to bring Seth MacFarlane's spoof *A Million Ways to Die in the West* to life, but was it worth it?



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Metro World News in Hollywood

While you might think Seth MacFarlane had to chase down Charlize Theron to convince her to co-star in his cowboy comedy, *A Million Ways to Die in the West*, the Oscar-winning actress insists it was the other way around.

"I got to read this pretty early on," she says of the script for the film, which skewers old-fashioned westerns and life on the frontier.

"Just the idea of doing something that's pitched in this very unusual way of a comedy-western situation and him at the helm of that, that to me was very intriguing. So I definitely did some chasing."

But a few weeks on location in New Mexico, risking life and limb, quickly had Theron rethinking her decision.

"Look, it's a gorgeous place. I understand why you want to paint it. I would



Anna (Charlize Theron) and Albert (Seth MacFarlane) try not to die at the fair in *A Million Ways to Die in the West*, the new comedy from director, producer and co-writer MacFarlane. UNIVERSAL PICTURES

want to paint it. I don't necessarily want to go and shoot in it again. It's just like the weather was unbelievable. I felt like it was like biblical times, and we were all going to die a horrible death by weather," she says.

"I mean, there was a night where we shot, and Seth left before me. I got a text from him that literally just said, 'The road is washing away!'

Get out of your trailer right now and start driving!' And I was like, 'I'm going to die on this movie.'"

Of course, all that risking life and limb can help bring a cast together, and Theron is particularly fond of her co-stars on this one, including MacFarlane, Neil Patrick Harris, Giovanni Ribisi, Sarah Silverman and Amanda Seyfried.

"There really wasn't a bad apple in the bunch. It really was just a bunch of great people together having fun, working hard, there for the right reasons, wanting to make the movie the best they possibly could," Theron says.

"We laughed a lot, and drank a lot, and almost died together a lot. So we are bonded for life."

### DVD review



### Super Duper Alice Cooper

Directors. Reginald Harkema, Scot McFadyen, Sam Dunn

Stars. Alice Cooper

Fans of original shock rocker Alice Cooper, well served by this loving chronicle by Reginald Harkema, Scot McFadyen and Sam Dunn, may be surprised to learn that the frontman didn't strut fully formed out of a 1970s gateway from hell.

First he was art nerd Vince Furnier, a preacher's son from Arizona, who got his stage name from a Ouija board and band outfits from the Ice Capades.

The doc's funniest moments chronicle his early days, including his performance epiphany in Detroit, his actual birthplace, where he feels audiences first really got his band's blend of music and Grand Guignol theatre: garish eye makeup, faked onstage executions, dead baby dolls and other plastic cadavers strewn about.

Extras include deleted scenes and rarely seen concert footage. **PETER HOWELL**

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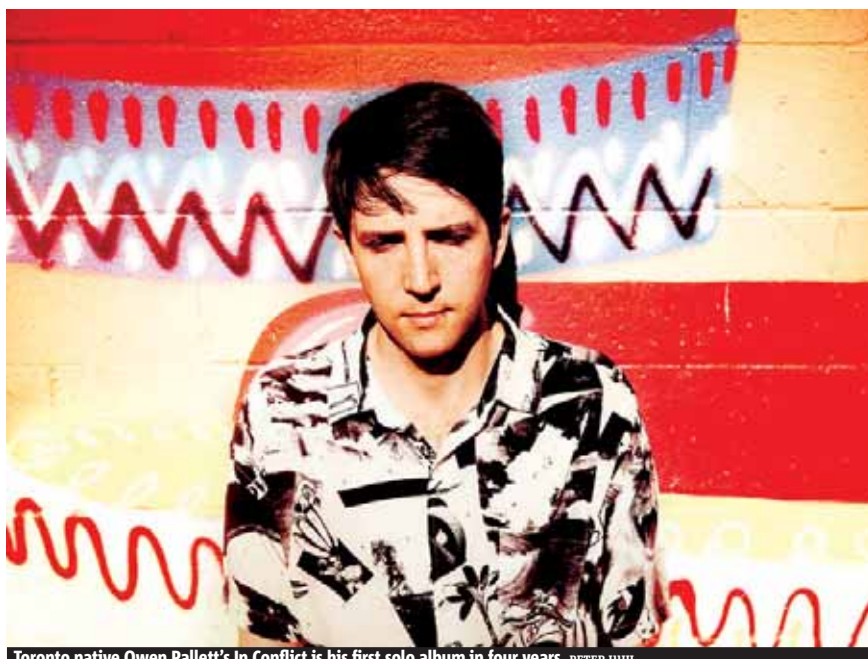


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Toronto native Owen Pallett's *In Conflict* is his first solo album in four years. PETER JUHL

## 'Bizarre and confusing': That's Owen's new disc

**In Conflict.** Pallett confesses that even he's mystified by the contents of his aptly named album

### Quoted

"It's not an experience I typically have when I listen to my music. I'm usually thinking: 'Good work.' Now I'm kind of like, 'Oh my God, it's so crazy.'"

Owen Pallett, musician  
on listening to his new record, *In Conflict*

Often-awarded Canadian musician Owen Pallett recently hit pageview pay dirt with intelligent online magazine pieces analyzing the anatomy of such pop hits as Katy Perry's *Teenage Dream* and Daft Punk's *Get Lucky* from a trained musician's perspective.

Don't ask him to do the same with his own latest record, the oblique *In Conflict*, out this week.

Even he's mystified by the first collection of new material he's put out in four years.

"I'll be honest with you, this is the most confusing record that I've made," the Toronto native once known as Final Fantasy said in a recent telephone interview. "It's completely bizarre and confusing for me to listen to. I have no idea what it is. The minute I finished (2010's) *Heartland*, I could put it on. I can still put it on today and be like: 'Good record, thumbs up.'"

"But I put on *In Conflict*, and I don't know if it's any good, but it certainly makes me feel things that I've never (felt). It's not an experience I typically have when I listen to my music. I'm usually thinking: 'Good work.'"

"Now I'm kind of like, 'Oh my God, it's so crazy.'"

Well, craziness happens to be one of the main themes of Pallett's elliptical latest. He's careful to point out that he's not speaking in clinical terms, but using "crazy" in the colloquial sense. He's writing about the neurotic, obsessive and unstable elements that characterize — in his estimation — many creative people.

As usual with Pallett's work, the lyrics are occasionally inscrutable and obfuscate any autobiography in layers of allegory and clever language.

"I like to joke sometimes that I majored in music composition and I minored in axe murdering," said the Polaris Music Prize winner with a laugh.

"It's the product of recognizing a lot of tendencies within my own mental activity towards what would be described as 'not sane' ... But so much of that is linked to my creativity and to the thing that puts food on the table."

"I'm finding myself more and more drawn toward crazy people," he added. "The people who run the world are the people who have that level of

obsession that they're going to stay up all night finishing that computer program, or whatever ... People don't understand that the people who make this (stuff), they're completely nuts."

And the knotty *In Conflict* does reflect a certain fastidious fanaticism. Though on some level Pallett's schedule was even more fragmented than usual — given his commitments to the Arcade Fire (he's a touring member) and other pursuits (penning the score to Spike Jonze's *Her*, for which he and Arcade Fire's Will Butler earned an Oscar nomination) — he devoted whatever spare time he could cleave to his solo work.

And in a coup that still elicits a charge from his voice, he recruited the massively influential electronic music pioneer Brian Eno to add winsome backup vocals, not his legendary production touch.

"I don't know what it would be like working with him in a production capacity, but probably pretty weird — I'm a control freak," Pallett deadpanned.

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A still from the video game Watch Dogs. UBISOFT

## Watch Dogs. Anticipated hacker-hero video game to be released

Hacker-themed video game Watch Dogs makes its hotly anticipated debut on Tuesday in a world grappling with real-life fears about privacy in the Internet era.

France-based Ubisoft's new title features a protagonist who controls the world around him by hacking into systems and has generated intense buzz for eerie parallels with the storm about U.S. surveillance.

In Watch Dogs, the player-controlled antihero can access everything from the

cellphone conversations and medical records of passersby to computers which control traffic lights, to advance through the game.

"We knew we had a relevant topic," Canadian Ubisoft developer Dominic Guay told AFP as the game was previewed at the E3 video game trade show last year.

"I turned on CNN, and the first sentence I heard was invasion of privacy, switched channels and on Fox they were (talking about) surveillance, and I said to my cre-

ative director, 'Those are all our key words.'"

Set in Chicago, the game centres on Aiden Pearce, who uses his smartphone to access the city's Central Operating System, which controls everything from power grids and traffic management technology to bank accounts and phone networks.

Pearce starts off seeking revenge for a loved one, but as he finds out more about the city, through hacking into its systems and inhabitants, he becomes a "vigilante," ac-

cording to Guay.

Versions of Watch Dogs have been tailored for play on Sony's new-generation PlayStation 4 and Microsoft's Xbox One as well as the previous generation of those consoles. The game can also be played on computers powered by Windows software.

Ubisoft added the ability for people playing Watch Dogs on consoles to take on in-game challenges from friends using a companion application on smartphones or tablets. AFP

### Global box office

#### Frozen becomes fifth highest-grossing film in box office history

Since its release in November 2013, Disney's seasonal animated feature Frozen has brought in over \$1.219 billion at theatres worldwide, placing it ahead of Iron Man 3 in the ranking of the most lucrative global blockbusters. Iron Man 3 grossed \$1.215 billion during its run in theatres.

At the top of the worldwide box-office podium are Avatar (\$2.7 billion), Titanic (\$1.8 billion), The Avengers (\$1.5 billion) and Harry Potter and the Deathly Hallows: Part 2 (\$1.3 billion). AFP



Frozen has become Disney's highest-grossing feature. DISNEY

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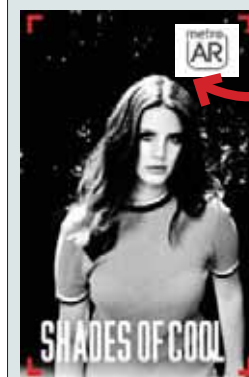
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See that symbol? It means you can scan this image with your Metro News app to listen to Lana Del Rey's new single Shades of Cool.



#### A lighter shade of Lana

Lana Del Rey has just released the second single from her new album Ultraviolence, which is slated for release on June 16. The breathy single, Shades of Cool, was written by Rick Nowels, with whom the singer collaborated on the tracks Summertime Sadness and Young and Beautiful from her previous album. Ultraviolence was produced by Black Keys singer Dan Auerbach. "We bumped heads a little bit," Auerbach confided in the magazine MOJO. "But at the end of the day we were dancing to the songs." AFP

## Japan. Saw-wielding man attacks members of pop group

Japan's hugely popular female pop group AKB48 cancelled fan events Monday after a saw-wielding man attacked two members and a staffer, shocking the nation and raising questions over security.

The two group members, Anna Iriyama, 18, and Rina Kawaei, 19, suffered hand and head injuries, and the male staffer who tried to stop the attack Sunday at a fan event in northern Japan had cuts on his

hand. All three left the hospital by late Monday.

The women, wearing hats and covering their hands with white towels, appeared in front of a huge crowd of reporters outside the hospital and thanked fans for their concern.

"We've caused you worry, but we are returning to Tokyo now," Kawaei said. "Thank you very much."

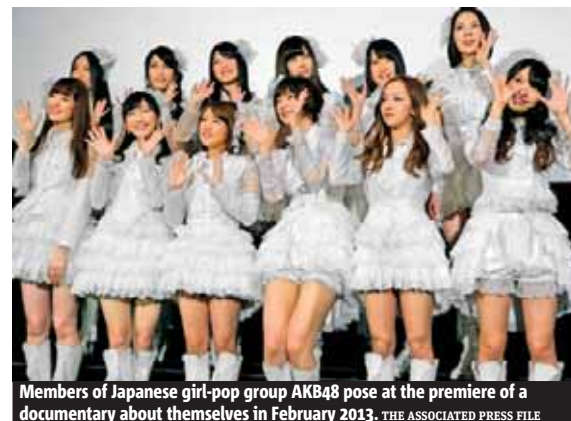
The attack on the group, whose members are dubbed

"idols you can meet" because of their fan events, has rattled people in a nation known for public safety.

On Sunday, the group gave a mini-concert for hundreds of fans in Takizawa city which was followed by a handshaking event, in which fans who buy special CDs can shake hands and chat briefly with their favourite member. As soon as the handshaking event started, a man took a foldable saw from

his jacket and went toward the two women, who were standing at the entrance of one of several tents set up inside a gymnasium.

Police arrested Satoru Umetsu, a 24-year-old man, on suspicion of attempted murder. Iwate prefectural police official Takahiro Fujibayashi said Umetsu told investigators that he was not an AKB48 fan and just wanted to commit random murder. THE ASSOCIATED PRESS



Members of Japanese girl-pop group AKB48 pose at the premiere of a documentary about themselves in February 2013. THE ASSOCIATED PRESS FILE





James Franco ALL PHOTOS GETTY IMAGES

## Franco, my dear, perhaps your dates don't give a tweet

Dating didn't apparently come easy to James Franco, as the Palo Alto star admits high school was a bit rough. "I wasn't the best socializer," Franco says. "I was shy, but I had a girlfriend named Jasmine my last two years. I was lucky to have someone who stuck around like that. I was a little confused and

mixed up when it came to dating." And when it comes to dating today, with the help of social media and mobile technology? "You get to know someone much quicker," he says. "The downside is when people aren't tech savvy and don't express themselves well through digital media." So get with the tweeting, ladies.

## Addams Family star goes bump overnight

Christina Ricci is going to be a mom. The Addams Family star is expecting her first child with husband James Heerdegen, she confirms to Entertainment Tonight. The two met while making the short-lived TV series Pan Am in 2012 and tied the knot in October 2013 in a private ceremony in New York City. Ricci has done a remarkable job of keeping the pregnancy quiet, as when she finally stepped out at LAX this weekend her baby bump was impressively far along.



Christina Ricci

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Ellen Page's dream man is the Biebs!?

Ellen Page has been having some weird dreams, she tells Conan O'Brien during an interview. "My anxiety dreams tend to always relate to pubic hair," Page says. "So I'll be, like, on stage getting ready to act, and I'm just in my underwear, and I just look down and it might as well be an old man's beard

or something. Or I'll be topless and it will be up to my (chest). Like a reverse hairy chest." But her dreams haven't all been anxiety-inducing. For instance, there was one about Justin Bieber that she actually enjoyed. "We were in his, like, childhood home in Canada, just hanging out, and his mom came home with takeout from Ikea, and we were like, 'Yeah!'" Page explains. "We were stoked. We were like, 'Yes, our favourite!'" For the record, Page has never actually met Bieber.



Kanye West and Kim Kardashian

## Cork resort can't comment on Kim and Kanye's country canoodling

When it comes to all things West-Kardashian, perhaps you empathize with the item entitled "Alert (yawn): Kimye weds" that just appeared in the New York Post. "Two jackasses got married in Italy Saturday," the piece declared.

On the other hand, perhaps you'd really like to know where the couple is honeymooning. According to The Daily Mail, the pair landed at Cork airport in their

private jet Sunday and drove off in "a fleet of limousines." They're apparently going to stay in Ireland for five days, and are "rumoured to be staying at the luxurious five-star Castlemartyr Resort — a half-hour drive east of Cork city. Castlemartyr staff said they 'could not comment' on whether it was Kanye who booked the Presidential suite of the 17th-century country manor."

## El Paso search leaves Wiz in the lurch

Authorities say rapper Wiz Khalifa has been arrested in West Texas for marijuana possession. The performer was stopped at an inspection checkpoint at the El Paso airport. A statement from El Paso police says because Khalifa travelled without identification, a search was ordered and Transportation Security Administration agents found a canister with marijuana. TSA alerted police, who then arrested Khalifa. He was charged with misdemeanor possession of marijuana



Wiz Khalifa

and was released after posting \$300 bail. Khalifa posted a photo on Twitter inside of what appeared to be a holding cell. **THE ASSOCIATED PRESS**



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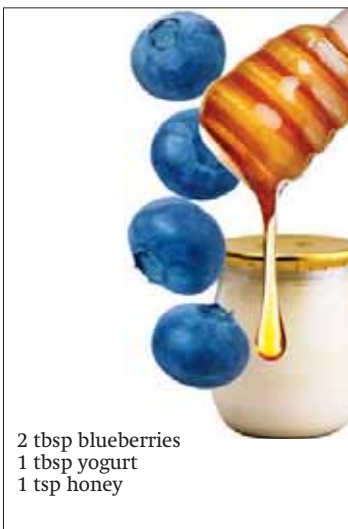
**Saturday, May 31**  
10:00am - 4:00pm  
More info at [albertaave.org](http://albertaave.org)



## Fill avocado to the very top

It's a fruit but tastes like a vegetable and is a "good" fat. It would be such a waste not to make the most of its deliciousness. Double up on the goodness by trying one (or all) of these eight wholesome fillings.

ROMINA MCGUINNESS Metro World News in London



## Calling all of the hungry girls

Lisa Lillien — known to her legions of followers as Hungry Girl — didn't set out to create a diet when she started the Hungry Girl empire, which has spawned cookbooks, a TV show and even a mega-office in LA dubbed HungryLand.

But she found the questions she kept getting from fans were about putting her ideas — recipes, food swaps or living tips — into action.

She consulted nutritionist David Grotto to come up with The Hungry Girl Diet, a four-week plan that promises "big

portions [and] big results." Here's what we learned about the diet when we chatted up the foodie maven.

### It's whole-foods based

Lillien's recipes sometimes call for artificial sweeteners or packaged foods, but the basis of her diet plan is about eating clean. "There are so many ingredients that I use that are all-natural, that are clean and still are perfectly aligned with what my brand is about, so I wanted to focus on those for this particular

book," she says.

### You're encouraged to dig in

"I took the time to find ingredients that you can eat a lot of, that give you large volumes of food that are extremely satisfying," Lillien says. "You won't be hungry on the diet."

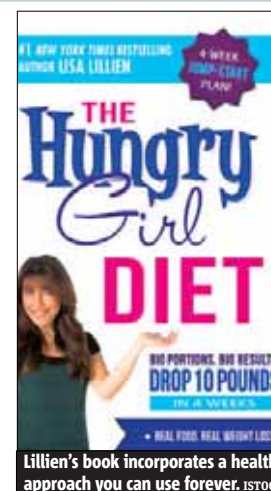
### It has rules you can live by

This isn't a diet with a start and stop date. These are healthy-eating rules you can incorporate into your life. "People who have 20, 30,

50, 100 pounds to lose, they were repeating the plan and taking from it whatever they want, and they continue doing it," Lillien says.

### Plus: Make her favourite breakfast

When she's short on time, Lillien loves Greek yogurt with sliced red grapes, almonds and high-fibre cereal. But when she's in the mood to cook breakfast, growing oatmeal bowls are often her dish of choice. **MEREDITH ENGEL, METRO WORLD NEWS**





**Eat right**

## Bite into health



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Fitness trainers stress the importance of varying your workout routine to get better results. The same holds true for your diet. By swapping your favourite healthy foods for new choices, you could reap the rewards even wider array of vital nutrients for a healthier body. In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, registered dietitian Matthew Kadey found some inspiring alternatives to shake up your daily meals.

### Like green tea?

Try matcha. It is made by lightly steaming tea leaves, air-drying them and then stone-grinding them into a fine green powder. Matcha's been billed as more powerful than regular green tea because you are consuming the entire leaf instead of steeping the leaves and then discarding them. You benefit from a huge dose of green tea's age-avenging antioxidants. A 2003 University of Colorado study found matcha contains up to 137 times more antioxidants than traditional green tea.

### Like whole-wheat flour?

Try almond flour.

Among the growing legion of gluten-free choices, it outdoes whole-wheat flour in several areas, including having nearly 50 times as much heart-healthy mono-unsaturated fat, about 33 per cent more protein and seven times higher levels of vitamin E (this antioxidant has been linked to better brain functioning and improved hearing).

### Like baked potato chips?

Try baked sweet potato chips. These are several times richer in beta-carotene than their potato counterparts. Studies show beta-carotene can help lower the risk of uterus and breast cancers. Scientists believe it behaves as an antioxidant, helping to prevent cell damage that can spiral into cancer. Sweet-potato chips will also give you between one and four more grams of fibre, making them a satisfying snack.

**FOR MORE HEALTHY FOOD SWAPS, SEE THE WHOLE ARTICLE IN THE MAY ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW. OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**



# Wipe away your allergies



Stress is a factor in allergies as it weakens the immune system. ISTOCK

The health buzz-term of the season — the pollen vortex — is a result of the high number of tree pollens being released after their long winter of rest.

But Dr. Raymond Dattwyler thinks media and drug companies are just instilling fear. He's New York Medical College's chief of clinical immunology, allergy and rheumatology.

"It's meaningless," he says, dismissing the notion of a pollen vortex. "Every spring there are articles saying this will be the worst season ever. It's always sensationalized. March was cold, so pollen counts were low. They got higher at the end of April. They were high, but not extraordinary."

However, the doctor says the overall incidence of allergies is growing, which means the incidence of spring allergies is growing with it. Therefore, more people will have symptoms. Here are his tips for dealing with yours.

### Get the right meds

Sometimes the big guns are needed. "Your doctor can help with a prescription for a steroid nasal spray," Dattwyler says.

### Cut down on antibiotics

"We're changing our natural body flora and that makes you more allergic. There is too much use of antibacterial soaps and too many antibiotics prescribed," the

doctor says.

### Use a neti pot

"Rinsing out the nose with salt water can lessen the pollen and lower your risk," he says.

### Don't stress

"Stress is bad for the immune system. The stronger the immune system, the more long-term allergies lessen," Dattwyler says. **LINDA CLARKE, METRO WORLD NEWS IN NYC**

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[www.thesupportnetwork.com](http://www.thesupportnetwork.com)

The **Support Network**

Canadian Mental Health Association  
Edmonton

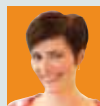
LandisTech United Way ReDress



# A pinch of sun-dried tomatoes adds a punch of 'kapow' to steak

## Health Solutions

### Wake up the palate and eat healthy, too



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Sun-dried tomatoes came into their own in the '80s but they remain a killer ingredient for a reason.

They have an intense taste that wakes up the palate but they also bring with them the nutrients that a tomato is famous for.

Lycopene is an anti-oxidant best known for its suspected role in helping prevent prostate cancer.

But it's also been studied for its help in preventing or treating inflammation, age-related eye disease and

lung conditions. Buying the tomatoes desiccated and packaged on their own is your healthiest option; they simply require plumping in hot water for 30 minutes or so before use.

The easiest choice though is to buy them in oil, drain and chop them into salads, on pizza, into any Mediterranean rice or pasta dish.

Don't toss the oil that the tomatoes come in, though! It is highly flavoured and ready to be used in salad dressings or bread dips.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**PREP**  
15 MINUTES

This recipe serves six. COURTESY THERESA ALBERT

**THERESA ALBERT**  
myfriendinfood.com

I find grilled steak kind of one-dimensional and in want of a punch. This drizzle adds moisture and a left hook of flavour that is a knockout.

Mixing together the primary ingredients to use as a marinade pulls double-duty. It protects the meal from creating harmful substances on the grill and adds flavour.

A quick addition of capers and sun-dried tomatoes makes a topping.

## FLASH FOOD



From your fridge to your table in 30 minutes or less

1. Mix together oil, vinegar, oregano, garlic, pepper, salt and mustard.
2. Pour half onto steak and rub into both sides, marinate for up to 24 hours in the fridge or 20 minutes on the counter.
3. Preheat grill or grill pan.

4. Grill steak for 2-4 minutes per side over high heat.

5. Meanwhile mix remaining half of oil-and-vinegar mixture with capers and drained sun-dried tomatoes.

6. Spoon caper mixture over cooked steak and serve with a side salad. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 2 tbsp extra virgin olive oil
- 2 tbsp vinegar
- 1 tbsp oregano
- 2 cloves garlic
- 1 tsp fresh ground pepper
- 1/2 tsp kosher salt
- 1/4 cup Dijon mustard
- 4 small striploin steaks
- 1/4 cup capers
- 1/4 cup sun-dried tomatoes, oil-packed



# The addictive quality of grilled asparagus

Grilling vegetables is magical, mostly because the intense heat caramelizes the natural sugars in them. It transforms vegetables from something you feel you have to eat into something you can't stop eating!

And grilled asparagus is one of the most awesome. Not only is it delicious, it's also easy to make. And you only need four things: thick-stemmed asparagus, olive oil, kosher salt and a hot grill.

1. Heat grill to medium and prepare for direct heat cooking. For charcoal grill, spread coals evenly under grate. For gas grill, all burners should be on.

2. Trim off tough bottoms of spears by grasping each end and bending it gently until it snaps at its natural point of tenderness, usually two-thirds of way down the spear. If spear is less than 6 inches long, chances are it has been trimmed.

3. Place spears in zip-close

plastic bag. Add oil and massage spears to coat very well. Sprinkle in the salt and massage again. Leave the asparagus in the bag until ready to cook.

4. Use tongs to place the spears on the cooking grate crosswise so they won't fall through the grates. Grill for 5 to 8 minutes, turning occasionally to expose all sides to the heat. The asparagus should begin to brown in spots, but don't let them blacken and char. The larger the spears, the

longer they will take to cook.

5. Remove from the grill and serve immediately with butter. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.**

## Ingredients

- 1 lb fresh asparagus
- 1/4 cup olive oil
- 1 tsp kosher salt



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS



**NBA playoffs**

## Miami one win away from fourth straight finals

LeBron James had 32 points and 10 rebounds, Chris Bosh added 25 points and the Miami Heat moved one win away from a return trip to the NBA Finals with a 102-90 win over the Indiana Pacers on Monday night.

Dwyane Wade scored 15 points for the Heat, who have won three of the first four games in the Eastern Conference finals. They can win the East for a fourth straight season with a win at Indiana on Wednesday night.

Miami led wire-to-wire, opening up as much as a 23-point lead in the final quarter.

Paul George led the Pacers with 23 points.

THE ASSOCIATED PRESS

**Curling**

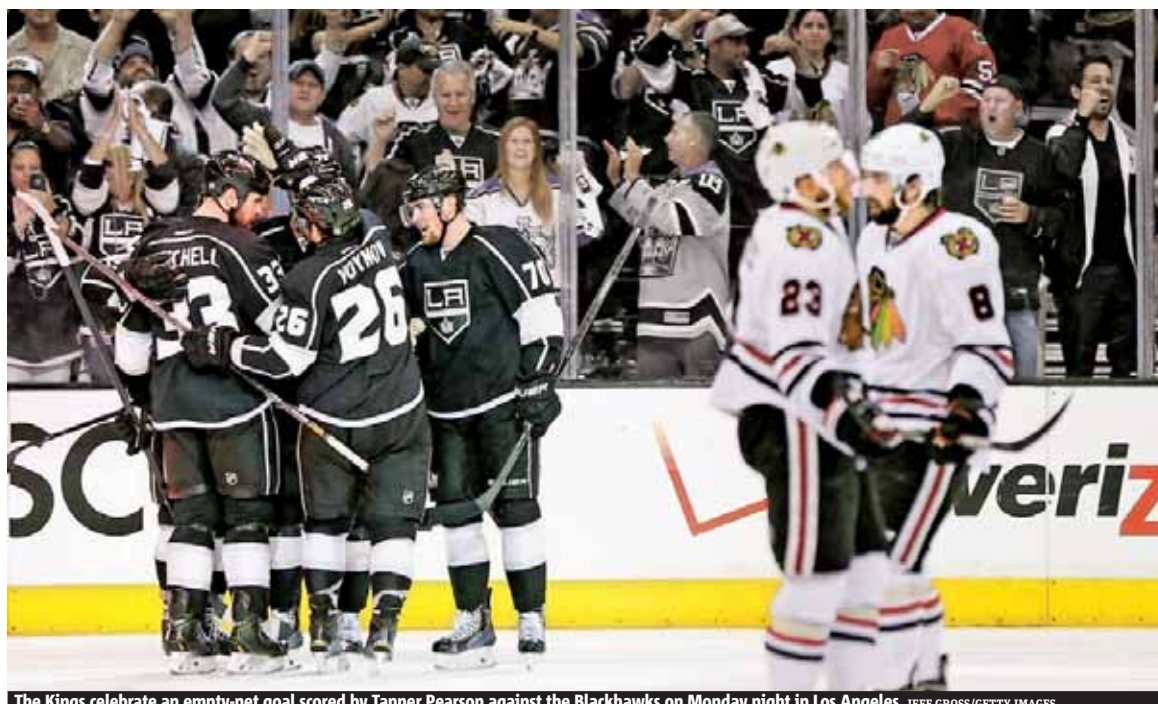
## Martin gets called to hall of fame

Kevin Martin, one of the most successful skips in Canadian curling history, will be inducted into the Canadian Curling Hall of Fame later this year.

The Edmonton native led Canada to a gold medal in men's curling at the 2010 Vancouver Olympics. He also won four Canadian titles and a world championship over his career.

Martin, who announced his retirement from competitive curling in April, won a record 18 events on the World Curling Tour Grand Slam series, including his career-capping victory last month at the Players' Championship in Summerside, P.E.I.

THE CANADIAN PRESS



The Kings celebrate an empty-net goal scored by Tanner Pearson against the Blackhawks on Monday night in Los Angeles. JEFF GROSS/GETTY IMAGES

# Kings closing in on winning West crown

**NHL playoffs.** L.A. rides early barrage to take commanding 3-1 lead on Chicago

Jake Muzzin, Marian Gaborik and captain Dustin Brown scored in a dominant first period, and the Los Angeles Kings beat the Chicago Blackhawks 5-2 Monday night to take a 3-1 lead in the Western Conference final.

Muzzin and Drew Doughty each had a goal and an assist, and Jonathan Quick made 22

Game 4	
5	2
Kings	Blackhawks

saves as the Kings moved to the brink of their second trip to the Stanley Cup Final in three seasons with their third straight win over the defending champion Blackhawks.

Brandon Saad and Bryan Bickell scored and Corey Craw-

ford stopped 16 shots for the Blackhawks, who didn't get rolling until they trailed 4-0 late in the second period.

One year after Los Angeles lost the conference finals in five games to Chicago, the Kings have their own chance to close it out in five.

Game 5 is Wednesday in Chicago.

Tanner Pearson added an empty-net goal for the Kings, who have been to the NHL finals just twice in franchise history, winning their only title in 2012.

Two days after the Kings grinded out a 4-3 victory over

**Powerless play**

## 4%

Chicago's power play went 0-for-3 Monday, dropping to 1-for-24 (4.17 per cent) on the road in the post-season.

Chicago in Game 3, they won again at Staples Center by scoring three goals on six shots in the first 16 minutes, capping an incredible three-game offensive performance by the lowest-scoring NHL team to make the post-season.

THE ASSOCIATED PRESS

# Rain fails to slow Bouchard

About the only thing getting between Canadian tennis star Eugenie Bouchard and a berth in the second round of the French Open was the weather.

Bouchard overcame a rain interruption of nearly 90 minutes before finishing off a decisive 6-0, 6-2 win over Israel's Shahar Peer on Tuesday.

The tournament's 18th seed beat Peer for the second time this season and fourth in her career over 58 minutes of actual playing time.

Montreal's Bouchard, the 20-year-old former junior

**Faith in her game**

**"I'm confident, but I'm usually always confident and believe in myself, and know whenever I walk on the court I always believe I can win the match."** Eugenie Bouchard

Wimbledon champion, arrived to Roland Garros with her highest career WTA ranking. She moved up to 16th

after winning her first WTA title on Saturday, beating Karolina Pliskova in the final of the Nuremberg clay court tournament.

"Today the court was actually a bit slower because of the conditions," said Bouchard. "I find the courts here are generally like fast clay courts, so I like them. It's fine for me."

Bouchard next plays the winner of a match between Germany's Julia Goerges and Michelle Larcher de Brito of Portugal. THE CANADIAN PRESS



Eugenie Bouchard returns a shot during her women's singles match against Shahar Peer at the French Open on Monday in Paris. CLIVE BRUNSKILL/GETTY IMAGES

Using the Metro News app, scan the image to find out which recent Grand Slam tournament winner failed to advance past the French Open's first round.



Weather

TODAY

WEDNESDAY

THURSDAY

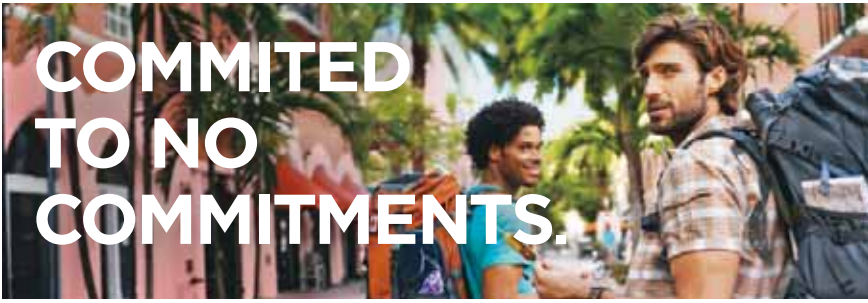
MAX: 13°  
MIN: 8°

MAX: 15°  
MIN: 5°

MAX: 12°  
MIN: 6°

MICHELE MCDUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



Horoscopes

**Aries**  
March 21 - April 20  
There is no point trying to predict what will happen over the next few days. Just stay calm and be ready to act when big events happen.

**Taurus**  
April 21 - May 21  
You need to be a bit more serious about your cash flow situation. Tomorrow's new moon will make it clear where and how savings need to be made. No more shopping sprees for you — for now.

**Gemini**  
May 22 - June 21  
With a powerful new moon in your sign over the next three days there is no way you can go wrong — and even if you do go wrong it will somehow turn out right. Aim for the sky.

**Cancer**  
June 22 - July 23  
What you decide over the next few weeks, and especially over the next few days, will form the basis of your reality for the coming year. Find a quiet place where you can be alone with your thoughts.

**Leo**  
July 24 - Aug. 23  
Friendships and group activities are highlighted today and all week, so get out and mix with all sorts of people — every one of them will have something to teach you.

**Virgo**  
Aug. 24 - Sept. 23  
If you are in any way dissatisfied with your lot, now is the time to do something about it. The approaching new moon means that changes are good for you, especially those to do with your career.

**Libra**  
Sept. 24 - Oct. 23  
It will feel as if a great weight has been lifted from your shoulders today. Money worries, especially, will begin to fade and you can start having fun again.

**Scorpio**  
Oct. 24 - Nov. 22  
The upcoming new moon will give you the motivation and energy you need to make a start on a project you have been flirting with for weeks, months, maybe even years.

**Sagittarius**  
Nov. 23 - Dec. 21  
Anything of a one-to-one nature, be it personal, professional or financial, can be changed for the better over the next few days. Romance is especially well starred.

**Capricorn**  
Dec. 22 - Jan. 20  
Even you can recognize that certain ways of doing things are not working as well as they should. It's time to push your ego to one side and admit that changes are needed.

**Aquarius**  
Jan. 21 - Feb. 19  
The approaching new moon encourages you to believe that you can get away with anything. If you act as if it is true, you will no doubt do something amazing.

**Pisces**  
Feb. 20 - March 20  
Over the next two or three days you will get the opportunity to find out why loved ones are so uptight. Once you know that it will be quite easy to restore harmony.  
SALLY BROMPTON



Spot the differences in the pictures, not your phone bill.

Offers are valid as of April 14<sup>th</sup>, 2014 and are available for a limited time and are subject to change or cancellation without notice. All unlimited plan features are available from anywhere on our network, otherwise roaming rates apply. \$35 promotional Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. © 2014 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung of Wind Telecomunicazioni S.p.A and are used under license in Canada by Globalive Wireless Management Corp. © 2014 WIND Mobile





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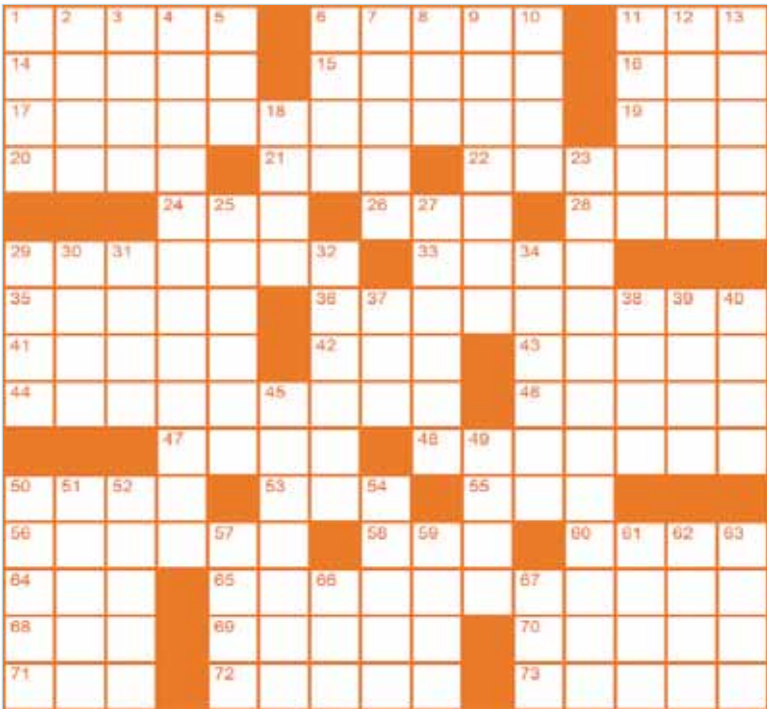
Yesterday's Crossword



Crossword: Canada Across and Down

Across

1. Comic legend  
Milton  
6. Backs  
11. Telly-watcher's  
network  
14. Sneezer's sound!  
15. Classical music  
groups, briefly  
16. Mr. Roth  
17. Purchase with  
plastic: 3 wds.  
19. \_\_\_ rummy  
20. Alta. neighbour  
21. Farm field  
22. Green Day's  
"When I Come \_\_\_"  
24. 'Benedict' suffix  
26. Banned  
pesticide  
28. '500' car race  
29. Stop broadcast-  
ing: 2 wds.  
33. Q. "\_\_\_ Cool J  
the star of 'NCIS: Los  
Angeles'?" A. "Yes."  
35. Straighten  
36. Canada-US: The  
world's longest \_\_\_  
border  
41. Shelf sort  
42. Melissa \_\_\_  
Anderson  
43. Celebrity chef  
Ms. De Laurentiis  
44. Christopher  
Plummer's song  
in "The Sound of  
Music" (1965)  
46. Calgary neigh-  
bourhood  
47. \_\_\_ other  
(Without equals)  
48. Bricklaying tools



50. \_\_\_ up (Escalates)  
53. "November Rain"  
gr.  
55. Antacid brand  
56. A bite to eat  
58. Lute-like instru-  
ment  
60. Financial invest-  
ment for the future,  
commonly  
64. Cards symbol

65. Artful Dodger,  
and cohorts  
68. Pronoun  
69. Ice Cube, aka \_\_\_  
Jackson  
70. Big name in  
insurance  
71. \_\_\_ Francisco  
72. "SCTV" alum  
Martin  
73. Beseech

Down

1. Ms. Streisand,  
cute-style  
2. S. Amer. country  
3. Prince Edward's  
wife, Sophie  
\_\_\_Jones  
4. Stratford Festival  
play currently, Alice  
Through the \_\_\_  
5. Many a moon

6. Canadian comed-  
ian Jon  
7. Greek mythology  
nymph  
8. Got [abbr.]  
9. Acupressure  
10. Stars sci.  
11. Carpenters'  
"We've Only Just \_\_\_"  
12. 54-40's "I Go \_\_\_"  
13. Brady Bunch kid

18. Staff symbol  
23. Type of job, as  
on Hibernia: 3 wds.  
25. "Still haven't  
heard a thing...": 2  
wds.  
27. Reader's \_\_\_  
Canada  
29. 'Red tag' event  
30. \_\_\_ 'Orleans, QC  
31. 1947 Nobel Prize  
in Literature winner,  
Andre \_\_\_  
32. Ford model  
34. "Gilligan's  
Island" water  
37. Greek letters  
38. Florida: Miami-\_\_\_  
County  
39. Leon \_\_\_, 1963  
Pulitzer-winning  
biographer  
40. Author Mr.  
Brown's  
45. One of Canada's  
official languages  
49. Change  
50. Accumulate  
51. Certain coffee  
52. Primp  
54. TV weather-  
man Al  
57. Heroic verse  
59. \_\_\_ the crack  
of dawn  
61. Network of  
nerves  
62. Commuter ticket  
buying places, e.g.  
63. Health/safety  
messages, e.g.  
66. Comedian Mar-  
garet  
67. Head covering



ANSWERS: 1. Kabob is missing; 2. Shirt is a different colour;  
3. Map is missing from backpack; 4. Shoes are now orange;  
5. Man's beard is removed.

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— introducing —

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